

SPOTLIGHT

Newsletter May 2020

We have changed our look and our name! We're now called The Adult 50+ Program! Enjoy our monthly online Spotlight Newsletter. We offer an up to date list of support services & resources. We will continue to shelter in place until further notice.

TECH SUPPORT

Tech support with our lovely volunteers.

Call us for appointments.

Shalini: Mondays @ 10AM

Ellen: Tuesdays, Thursdays

1PM to 3PM



CONVERSATION GROUP

Discussion with Jack

Mondays @ 11AM

Call for more information

HICAP



Phone call appointments
offered every 3rd Tuesday.

Long-Term consultation (Roy)
10AM to 12PM

Regular consultation (Nancy)
1PM to 3PM

Call for appointments

BUDDY CALLS

Say Hi to your friend(s) in the
Adult 50+ Senior Program.

Call us and we'll do our best to
connect you.



SUNSHINE CALLS



We will call to see how your day is going.
We're happy to call you weekly.

If you would like a call, let us know!



Call (650)-947-2790 to register

**** See disclaimer -page 7**

Nora's classes will be offered via Zoom. Participants will get a code and password to join after registration.

Participants who were registered in this class during the winter will get \$10.00 discount if requested.



STRETCH & FLEX

Instructor: Nora Beltran

May 12 -June 11

\$42.50 members/

\$50 non-members

Tuesdays/Thursdays

8:45AM to 10AM

CHAIR STRENGTH & BALANCE

Instructor: Nora Beltran

May 12-June 11

\$42.50 members/

\$50 non-members

Tuesdays/Thursdays

10:15AM to 11AM



LINE DANCE

Enjoy LIVE video line
dance instruction

Instructor: Rich Campbell

May 5-June 9

\$35 members/

\$41 non-members/

\$8 Drop-in

Tuesdays

12:30PM to 2PM



DANCE EXERCISE



For a list of Dance exercise videos that you can download.

Email- *Bob Enenstein*
doctore02@yahoo.com

**** See disclaimer -page 7**

ART VENTURES

Email Lenora.Valainis@gmail.com to be included in the weekly Zoom call.

Wednesday mornings at 9:30 AM

Note: You do not need to create a Zoom account to access the online services.

See what ArtVenturers have been up to here:

<http://caartventurers.blogspot.com/>





ONLINE BRIDGE

Bridge players can collaborate and play with other bridge players online at [Bridgebase.com](https://www.bridgebase.com)



BOOK CLUB

Book club is having online
Zoom meetings
Every 3rd Wednesday 1PM

Email Janet Harp to join:
jharpca@comcast.net



MAH JONGG

For Mah Jongg lovers,
Marilyn and Rod the class
Instructors, suggest you go to
several sites that offer this
exciting game online.



GROCERY ASSISTANCE



A group of Los Altos High students are assisting with grocery and prescription deliveries.

Contact *Greg* at
650- 383-7251
or visit groceryruns.org

CSA



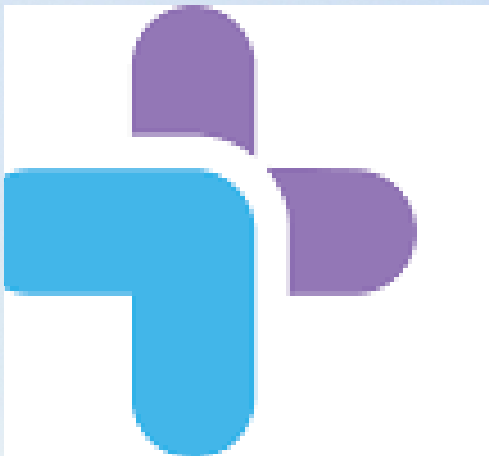
Community Service Agency

Call- 650-968-0836 for
assistance

HELPING HANDS

Volunteers run errands in your community during COVID-19

Contact *Rachael* at
(408) 540-4592
<https://helpinghands.community/>



****Disclaimer**

Individuals should consult their physician before starting any exercise program or changing their diet to limit the risk of injury. Choosing to participate in the activities listed or referenced in the Spotlight is of your own accord and the City of Los Altos is not liable for any injury that may be associated with participation.



We Create Community Through People, Parks and Programs

**Parks
Make
Life
Better!**

Although our offices are closed, we are continuing to serve the public remotely. Feel free to call or email the City for questions as many services have been modified. We thank the community for their cooperation and understanding. We can slow the spread of COVID-19 when we work together.

For more information on COVID-19, call 211 or text 'coronavirus' to 211211. Looking to donate or volunteer? Please visit <https://www.csacares.org>.

Senior Commission Updates :

May 2020

JOINT COMMISSION MEETING (REMOTE ACCESS RING CENTRAL)

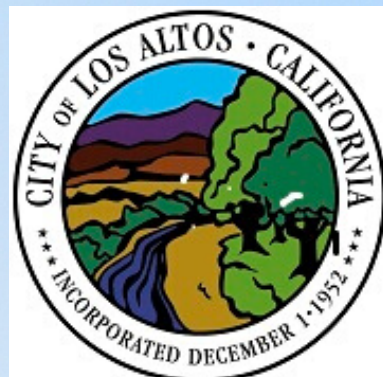
MAY 5TH TUESDAY
5:30 PM

**CONGRATULATIONS TO THE
NEWEST
SENIOR COMMISSIONER
JAYNE COHEN**



City of Los Altos Recreation and
Community Services
Adult 50+ Program
650-947-2797

Email: recreation@losaltosca.gov
Monday-Friday 9AM to 1PM



Adult 50+ Program :

City of Los Altos

Community Connection Hotline

Recreation & Community Services staff are ready to assist members of the Los Altos and Los Altos Hills communities with COVID-19 updates as well as referrals, resources, and information about what services are available while being safe at home.

Staff is available Monday through Friday from 8AM to 5PM



Call (650) 947-2790 to get connected!

COVID-19 Resource Page:

<https://www.losaltosca.gov/citymanager/page/covid-19-resource-page>

Virtual Recreation Center:

<https://www.losaltosca.gov/recreation/page/virtual-recreation-center>

Los Altos Hills

The Town developed Virtual Recreation Resources during this unprecedented time: www.losaltoshills.ca.gov/vrr

This is your place for fun, education, and resources. This page will be updated with shelter order approved recreation ideas to keep you and your family healthy, entertained, and informed.

If you have other ideas or resources that you would like to share with the community, submit them to srobustelli@losaltoshills.ca.gov.

Town Emergency Response Plan during COVID-19:

<https://www.losaltoshills.ca.gov/496/COVID-19-Response-Plan>



Senior Connection Hotline

Recreation & Community Services staff are ready to assist seniors (50+) of the Los Altos and Los Altos Hills communities with COVID-19 updates as well as referrals, resources, and information about what services are available while being safe at home.

Staff is available Monday through Friday from 9AM to 1PM



Call (650) 947-2797 to get connected!

The City has connected with a variety of organizations as we work together to strengthen our community

Resources are currently shown on the City Website:

<https://www.losaltosca.gov/citymanager/page/senior-connection>



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